Resources and Supports in the PIMS Network for Mental Health and Sexual Harassment

The following directory of support services is arranged alphabetically by the name of each University

**SIMON FRASER UNIVERSITY**

Sexual Violence Support and Prevention Office: (778-782-7233)
https://www.sfu.ca/sexual-violence.html
sv-support@sfu.ca

Health and Counselling: (Burnaby 778-782-4615)
(Vancouver 778-782-5200) hcsinfo@sfu.ca
https://www.sfu.ca/students/health/resources/my-ssp.html

**UNIVERSITY OF ALBERTA**

Mental Health Resources for Students: https://www.ualberta.ca/current-students/wellness/mental-health/index.html
Sexual Assault Centre: https://www.ualberta.ca/current-students/sexual-assault-centre/index.html

**UNIVERSITY OF BRITISH COLUMBIA**

Student Counselling Services: (604-822-3811)
https://students.ubc.ca/health/counselling-services


**UNIVERSITY OF CALGARY**

Student Wellness: (403-210-9355)
https://www.ucalgary.ca/wellness-services
Staff Wellness: (403-220-2918)
https://www.ucalgary.ca/hr/wellness
Sexual Violence Support: (403-220-2208)
https://www.ucalgary.ca/sexual-violence-support
svsa@ucalgary.ca

**UNIVERSITY OF LETHBRIDGE**

Mental Health:
https://www.uleth.ca/hr/health-centre/mental-health-team-health-centre

Sexual Violence Support and Education:

**UNIVERSITY OF MANITOBA**

Student Counselling Resources: (204-474-8592)
https://umanitoba.ca/student-supports/counselling-resources-students
Sexual Violence Resource Centre: (204-474-6562)

Mental Health Resources for Students:

Winnipeg Public Library:
https://guides.wpl.winnipeg.ca/mentalhealth

Manitoba Psychological Society:
https://mps.ca/find-psychologist/

**UNIVERSITY OF REGINA**

University of Regina Mental Wellness Hub:
https://www.uregina.ca/mental-wellness/index.html

University of Regina Sexual Violence, Prevention, and Response:
https://www.uregina.ca/sexual-violence/

**UNIVERSITY OF SASKATCHEWAN**

Student Wellness Centre:
https://students.usask.ca/health/centres/wellness-centre.php#ServicechangestohelpslowthespreadofCOVID19

Support for Survivors of Sexual Violence:
https://students.usask.ca/articles/disclose-sexual-assault.php

**UNIVERSITY OF VICTORIA**

UVic Counselling: (250-721-8563)
https://www.uvic.ca/services/counselling/home/contact/index.php
swcreception@uvic.ca

Sexualized Violence Resource Office: (250-721-8021)
https://www.uvic.ca/sexualizedviolence/get-support/index.php
svpcoordinator@uvic.ca

**UNIVERSITY OF WASHINGTON**

Sexual Assault Resources:
https://www.washington.edu/sexualassault/

Safe Campus: (206-685-7233)
https://www.washington.edu/safecampus/sexual-assault/safecampus@uw.edu

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